

# CELEBRATING NEW YEAR'S

## *During the COVID-19 Pandemic*

New Year's is the most widely celebrated holiday in the world! While we are hopeful and excited for 2021 to bring positive change to the current conditions with COVID-19, we should not let our guard down by hosting or participating in celebrations that may increase the virus's spread. Due to the rising number of cases, health officials are urging people to stay home. We must continue to work together to stop the spread among our family, friends and community.

Below are some helpful reminders and tips for celebrating New Year's safely this year:

### Lower Risk

- Host a virtual celebration to countdown and ring in the new year with friends and family
- Deliver or swap home-cooked meals – make your favorite dishes and deliver or swap with friends and relatives who live nearby
- 2020 has been a challenging year for everyone. Please take part in some good luck traditions to relieve stress, such as having your household write down things, they want to let go of and tossing them into the fireplace

### Moderate Risk

- Gather indoors with the same small group of people in your holiday bubble
- Have a small outdoor celebration with family and friends
- Always encourage family and friends to remain 6 feet (2 meters) apart and to wear their mask when they are not eating or drinking
- Avoid potluck-style gatherings. Encourage guests to bring food and drinks for themselves and members of their household only. If serving food potluck style, consider having one person serve everyone to limit the number of people touching utensils

### Higher Risk

- Indoor celebrations increase the risk of spreading COVID-19
- Celebrations or gatherings with others outside of your household or holiday bubble
- Going to a crowded bar or restaurant to celebrate
- Close contact or kissing someone outside of your holiday bubble
- Using alcohol or drugs can cloud judgment and increase risky behaviors

Source: [CDC. Daily Life Coping Holidays](#)



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